

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Chet Janik

County Administrator

(231) 256-9711

County Commissioners

Rick Robbins

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 409-1140
rrobbins@leelanau.gov

Debra Rushton

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 941-8286
drushton@leelanau.gov

Lois Bahle

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 271-3641
lbahle@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496
psoutaslittle@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509
mlautner@leelanau.gov

September / October 2022

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

I have spoken about this in previous years, but September is one of my favorite months. It symbolically marks the beginning of the year with the start of school, and a time where hoarding school supplies is permitted and encouraged. I love guiding my children through the store to gaze at the endless number of pencils, pens, folders and notebooks. It brings me great joy to see their excitement as they choose the supplies that may ignite their excitement for learning.

I am a lifelong learner, who ardently uses colorful sticky notes and cool notebooks to jot down quotes, and insightful ideas wherever I may be. When inspiration strikes, I want to capture it before it passes me by and finds someone else to enrapture.

Some of my favorite history and life lessons occur as I sit in front of someone who has the courage to share historical facts about an event or time period coupled with their personal firsthand account.

My husband's Great Aunt Helen was a force to be reckoned with. She was an animated person with a larger-than-life personality and a laugh that reverberated a room putting a smile on everyone's face. Her story telling abilities were sublime. When she talked about the Great Depression, facts were shared intertwined with her personal experience as a young girl shouldering a responsibility to contribute to their family's household needs. Her history lesson came alive with distinct voices and characters and always concluded with a bit of wisdom about life, love, and how to look for positivity. I have several notebooks and an array of sticky notes with great quotes from having coffee with Aunt Helen. I reference them frequently as they serve as a quintessential guide to living a full life.

My father is a man of few words. He holds his experiences and stories close to his heart. One evening, the two of us were sitting at the dining room table and a song came on the radio that took him back in time. For over an hour he told stories of serving in the Army during the Vietnam War. He was able to reflect on the events that took place as well as the young man he was at the time and how the war changed him and his fellow comrades. I was privileged to hear his personal account and learned to never underestimate the power of music as a segue in conversation. My only regret was not being able to capture in writing some of his stories and the language he used as his thoughts and experiences left his mind and traveled over the threshold of his lips for the first time in fifty some years.

So, if you hear a song, see a picture, or are reminded of a previous time in life, please have the courage to invite someone to sit and soak up all you have to say about that moment(s). If you find that your story was not heard the first time, meaning your audience did not grasp the importance or the subliminal message that lies within and between words, please keep inviting people to gather around and listen to your story until they hear you. I cannot recall all that my father said that day at the table, but I know he felt heard and seen.

Please join me in being a hoarder of school supplies, carry sticky notes wherever you go because you never know when you might have an opportunity to hear a history lesson and add some words of wisdom to your personal guide to living.

Warmly,

April

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA

Comfort and Joy 2022

The holiday season is fast approaching

Leelanau County Senior Services has a tradition of delivering comfort and joy to Leelanau County seniors who could use some cheer during the holiday season.

If you are interested in joining your fellow neighbors and community members in the spirit of giving, LCSS would appreciate contributions of non-perishable food, toiletries, and other fun or useful items to fill bags for delivery to seniors.

Monetary gifts are also greatly appreciated and will be used to purchase additional food items and/or gift certificates to local grocery stores.

We are taking contributions at this time.
Also, if you know of someone that could use some comfort and joy, please let us know.

We're hoping to deliver bags the second week in December, please have your donated gifts to LCSS by the end of November.

Thank you!!

ESTATE PLANNING

Planning for your future with your family and loved ones can be stressful. Leelanau County Senior Services is working with Swogger & Bruce Law Firm to help with your estate planning. The initial appointment is a free service to discuss your individual needs and plans.

Call LCSS to schedule your appointment today.
(231) 256-8121

BASICS OF ESTATE PLANNING

Wills vs. Trusts, Probate Court
Avoidance and Planning for Incapacity
Leland Library: Munnecke Room
Friday, September 9, 2022
1:00 p.m. - 3:00 p.m.

Call ShareCare of Leelanau to register
(231) 256-0221 or email: Danielle@sharecareleelanau.org

October is open enrollment

Open enrollment runs from October 15, 2022 - December 7, 2022

Fall Open Enrollment is the time of year when you can change your Medicare coverage.

- ♦ Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan
- ♦ Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Fall Open Enrollment.
- ♦ Help is out there: Bruce Barnes, Medicare/Medicaid Specialist offers one on one meetings at our office to discuss your options.
- ♦ Call LCSS to schedule your appointment with Bruce.



Appointments are required.



Learn More about Medicare Changes Coming in 2023

What changes can adults expect for Medicare in 2023?

Participants are only given a 54 day window to make health decisions that affect them for the entire next year.

Starting on Oct 15 and ending on Dec 7 for those over 65, Medicare's annual enrollment period gives participants a chance to review and make changes to their current plan.

**Bruce Barnes, Medicare/Medicaid Specialist Volunteer
through Area Agency on Aging of Northwest Michigan
will be conducting an educational seminar.**

**Wednesday, November 9, 2022 at 1:30 p.m.
Leelanau County Government Center,
Lower Level**

This is an educational forum and no specific plans will be discussed.

**Call Leelanau County Senior Services at 256-8121
to register for this informative presentation.**

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice

Canned fruits

Canned vegetables

Milk (dry or evaporated)

Cereal

Cheese

A varied starch item

A varied protein item

Pen Pal Program

LIFT (Leelanau Investing For Teens) is coordinating a Pen Pal program between Leelanau County seniors and Suttons Bay Public High School students that will continue through the end of the school year. This is a great opportunity with the potential to create a special relationship with someone new in the community.

The first letter would be initiated by you and serve as an introduction. It can be overwhelming to try and think about what you might say in a letter.

The school and LIFT have come up with some prompts to make it easy.

1. What is your favorite activity to do?
2. Try to describe yourself in 3 words.
3. Do you have something that you cannot live without?
4. What are you most grateful for in life?
5. Do you have an animal? OR What is your favorite animal?

When a student writes back they will include additional prompts to be answered in the next letter.

If you are interested in participating in this program you may contact our office and/or you may write a letter and send it directly to :



**LIFT C/O Pen Pal Program
PO Box 527
Suttons Bay, MI 49682**



Grandparents Day

Grandparents Day is celebrated on the first Sunday following Labor Day. Congress passed legislation on August 3, 1978, Jimmy Carter signed the proclamation and the day was officially celebrated the following year in 1979. This day of celebration was intended to be a day where grandparents are honored for their love, wisdom, and the kindness they bestow upon their grandchildren.

We at LCSS do not personally recall honoring our grandparents or being honored on this day. We have personally honored them and included them in our celebrations on mother's and father's days.

If you are a grandparent of a child or animal, are you celebrated on Grandparent's Day? If not, what are some ways that your family honors you throughout the year?

**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Office
256-8800
Cedar Fire and Rescue
228-5396
Elmwood Twp
Fire & Rescue
941-1647
Glen Lake Fire Dept.
Station 1: Glen Arbor
334-3279
Station 2: Empire
326-5250
Grand Traverse Band
Fire/Rescue
534-7666
Leelanau Township Fire
386-5343
Leland Fire and Rescue
256-7760
Suttons Bay-Bingham
Fire/Rescue
271-6978

More Euchre!!!

Euchre for Seniors
Every Friday
11:00 a.m. - 1:00 p.m.

**The Friendship
Center
Suttons Bay**

Light refreshments and
coffee are offered



Foot Care Clinics

LCSS is collaborating with Comfort
Keepers to provide foot care clinics.



Elmwood Township Hall: 10090 E Lincoln Rd, Traverse City
the first Friday of each month
from 10:00 a.m. to 1:00 p.m.

Suttons Bay Friendship Center: 201 W Broadway, Suttons Bay
the second Friday of each month
10:00 a.m. - 1:00 p.m.

Linda Lingaur will continue to provide foot care services at
her salon, *Linda Lou's* in Lake Leelanau. (231) 883-4529.

If you are interested in receiving foot care at a clinic,
call LCSS at 256-8121 to schedule an appointment.

Foot Care Vouchers Are Available Through LCSS
\$15.00 each

DROP IN EUCHRE IS BACK!!!



Leelanau County
Senior Services

Tuesday, September 27, 2022
&

Tuesday, October 25, 2022

1:00 p.m. sharp!
\$2.00 (for prize money)
Pay at the door



Community Meeting Room
Lower level of the
Government Center

Substance Use Survey

Leelanau County Substance Use Coalition is reaching out to community members to gain their perceptions on substance use (alcohol, marijuana, prescription drugs, opioids, etc.). Adults sixty years of age and older make up approximately 42% of the population residing in Leelanau, so it is important that your voice be heard. The data collected will assist the coalition in determining how and where they should focus their energy in educating the public about the use of these substances as well as shine a light on the gaps in services and support available in Leelanau County for individuals using substances. The coalition is asking community members to complete a survey. If you have a smartphone, you can utilize the QR code below to access the survey and complete online. Go into your picture app and hover over the code. A link will pop up, click on it and it will take you to the survey.

If you want to complete it using your computer, you can use this website to access the survey. <https://bit.ly/3b4Cv75>

If you would like to complete the survey with pencil and paper, LCSS will be happy to send you a copy of the survey with a return envelope.

Leelanau County Substance Use Survey

The purpose of this survey is to gain insight of community members' perceptions on substance use. The information collected from this survey will be used to understand the environment and needs related to substance use in Leelanau County.

Your participation in this survey is voluntary and your responses are anonymous and confidential. This survey will take approximately 10-15 minutes to complete.

Fill out an
anonymous
survey on
substance use
in Leelanau
County



<https://bit.ly/3b4Cv75>



September 2022

The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Elmwood Foot Care Clinic	3
4	5 <i>Labor Day</i> Office Closed	6 Empire Food Pantry 4:30-5:30	7	8 MMAP Specialist	9 Suttons Bay Foot Care Clinic	10
11 <i>Grandparents Day</i>	12 LCN 2-6 Food Pantry	13 Empire Food Pantry 4:30-5:30	14	15	16	17
18	19 LCN 2-6 Food Pantry	20 Empire Food Pantry 4:30-5:30	21 BiteSize Learning 2:00	22 MMAP Specialist	23	24
25	26 LCN 2-6 Food Pantry	27 Euchre 1:00 Empire Food Pantry 4:30-5:30	28 Alzheimer's Zoom Meeting 2:00	29	30	

Food Commodity or Surplus every 3rd Tuesday of every month

October 2022

For more information on surplus & commodities: 1 (800) 632-7334

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LCN 2-6 Food Pantry	4 Empire Food Pantry 4:30-5:30	5	6 Estate Planning	7 Elmwood Foot Care Clinic	8
9	10 LCN 2-6 Food Pantry	11 Empire Food Pantry 4:30-5:30	12	13	14 MMAP Specialist SB Foot Care Clinic	15
16	17 LCN 2-6 Food Pantry	18 BiteSize Learning 1:00 Empire Food Pantry	19	20	21	22
23 30	24 LCN 2-6 Food Pantry 31 Halloween	25 Euchre 1:00 Empire Food Pantry 4:30-5:30	26 Lunch Bunch Alzheimer's Zoom Meeting	27 MMAP Specialist	28	29

October is Fire Prevention Month, and we are reminded by fire and rescue personnel that this is a good time to change the batteries in our smoke and carbon monoxide detectors. If you need assistance with this, please call our office, we may be able to find someone to assist (usually someone from your local fire department).

We thought this also would be a good time for us to touch on the types of lifeline or PERS systems we are familiar with. **PERS** stands for **Personal Emergency Response System**. You are probably familiar with the TV commercial where people “have fallen and can’t get up”.

Here are systems that we at Senior Services work with:

Freedom Alert:

Works up to 600 feet around the house using a landline.

System dials 9-1-1, you will speak to a Leelanau County dispatcher who will alert your local fire and rescue

No fall detection feature but if you cannot speak and can only press the button, your address will show up on the 9-1-1 computer system.

Cost of system is \$185.00 – no monthly fee – financial assistance available.

Call Senior Services for info.

Munson Medical Alert GPS systems:

2 different systems to choose from, work at home and away from home

One has a fall detection feature

Water resistant

\$45.00 per month

Call Munson Medical Alert at
231-935-9133

Leelanau County Medical Awareness: forms that contain your personal and medical information. When filled out and sent to Emergency Management (9-1-1), this information is held on file and is useful should you ever need fire or rescue services.

File of Life: a mini medical history which can be posted on the outside of one’s refrigerator where fire and rescue personnel are trained to look for it. It can also be carried in a wallet or purse. Free of charge at Senior Services.

Smart911. From your computer, laptop, tablet or smart phone, go to Smart911.com. Fill out as much (or as little) information that you would like first responders to have on hand. You can add additional phone numbers so if you are traveling and call 9-1-1 from your cell phone, the information will be available to rescue personnel. Smart911 is available in Leelanau, Grand Traverse and most counties in Northern Michigan, as well as in most major cities in the U.S.

Lastly, don’t forget about your pets! On the Leelanau County Medical Awareness forms, you may list information about a caretaker to be called to take care of your pets, same with Smart911 which also has a spot for your veterinarian’s information.

Lots to think about! but it only takes a few minutes to put some of these ideas into action regarding emergency preparedness. Please call our office at 256-8121 for questions on any of these topics. We do appreciate your comments also!

School is back in session!!



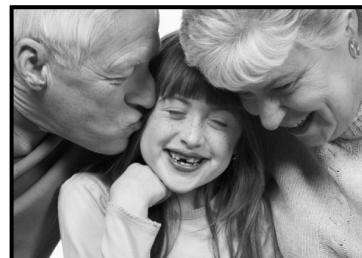
Remember to:

Slow Down in School Zones

Think Safe

Drive Safe

Be Safe



The Lunch Bunch

We strive to meet as a group for lunch at various restaurants in Leelanau County. It's a chance to meet up with old friends and make new ones.



**VI Grill, downtown Suttons Bay.
Wednesday, October 26, 2022
12:30 pm**



**Tickets are \$6.00 each which includes the buffet,
soft drink/coffee and tip.**

**Tickets can either be picked up at the LCSS office
or obtained by mail.**

Food Corner

I'm hooked on cooking shows. Years ago I watched Rachel Ray make this pasta dish and was amazed on how easy it was. I've made this for my family for years and they still love it. Enjoy ~Armanda

Anglio Olio By: The Rachel Ray Show

https://www.rachaelrayshow.com/recipe/15417_Anglio_Olio

Salt

1 pound spaghetti (I use less)

1/4 cup extra-virgin olive oil (EVOO)

1 2-ounce container of anchovies

1/2 tsp crushed red pepper flakes (you can use less)

6-8 large cloves garlic

1/2 cup finely chopped flat-leaf parsley

Freshly ground black pepper

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

Place a large pot of water over high heat and bring up to a boil. Once boiling, add some salt and then the pasta. Cook to al dente according to package directions. Right before draining, remove and reserve 1 cup of the pasta cooking water.

Place a large skillet over medium-high heat. And add the EVOO. Add the anchovies, garlic, and pepper flakes. Break up anchovies with a wooden spoon until they melt into the oil and garlic mixture.

Add reserved pasta water to the skillet, then the spaghetti, parsley, lots of pepper and a little salt to taste. Toss together and cook for 1 more minute so that the pasta has a chance to soak up some of the sauce. Serve with chunks of crusty bread for mopping up the excess goodness.

Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

Be Prepared for a Power Outage

PROTECT YOURSELF DURING A POWER OUTAGE

Keep freezers and
refrigerators closed.



Only use generators
outdoors and away
from windows.



Do not use a gas stove
to heat your home.



Disconnect appliances and
electronics to avoid damage
from electrical surges.



Use alternate plans for
refrigerating medicines or power-
dependent medical devices.



If safe, go to an alternate
location for heat or cooling.



Check on neighbors.



ShareCare Expands Phone Coaching for Family Caregiver Program and Launches New Volunteer Respite Care

Leelanau County has seen a dramatic increase in family caregivers providing care for loved ones. This arduous assignment, although offered in love, can be one of the toughest "jobs" a person may ever have. In fact, there are currently those who are caregiving while still working full time and balancing a family.

ShareCare is currently recruiting volunteers and participants to join the second cohort of our Volunteer Coaching Program for Family Caregivers. Volunteer training on the Livable Communities Caregivers Coaching Program will take place in early fall 2022. Family Caregivers who participated in the first cohort last spring found the program very valuable, and continue to have a monthly call with their phone coach to help with stress reduction and to provide community resources.

In addition to expanding the Volunteer Coaching Program for Family Caregivers, ShareCare is launching a new respite program this fall with trained volunteers. The caregiving journey can take a toll, and respite care, when used over time, has been found to help caregivers continue to care for their loved one at home, preventing or delaying the need for skilled care. Training will be provided using the Respite Education and Support Tools (REST) curriculum.

Share Care is currently recruiting volunteers and caregivers for the Family Caregiver Coaching and Respite Programs. We encourage you to contact us for more details about these valuable free programs.

Volunteers may contact Jennie Arguello at jennie@sharecareleelanau.org or call 231-256-0221 ext 304.

Caregivers may contact Danielle Gray at danielle@sharecareleelanau.org or call 231-256-0221 ext 305.

Food Pantries:

Leelanau Christian Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.

Join us for the return of “BiteSize Learning”.

LCSS is happy to bring back BiteSize learning with two very important topics.

“Managing Money”

A Caregiver’s Guide to Finances

Learn about the costs of caregiving and the benefits of early financial and legal planning with Melissa Thompson from the Alzheimer’s Association.



Wednesday, September 21, 2022

2:00 p.m. - 3:00 p.m.

Lower Level
Government Center

“Play to Win”

When it comes to Senior Living Options, we want you to “Play to Win”.

Join us for a fun and informative discussion about Senior Living.

Kim Bauml, from Options for Senior Living, will answer questions regarding the cost, availability and planning for independent and assisted living.



Tuesday, October 18, 2022

1:00 p.m. - 3:00 p.m.

Lower Level
Government Center

Call LCSS to sign up 231-256-8121

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
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TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp